

‘Fabulous Fifties’ show on tap at Autumn Glow Senior Center

Put on your “Blue Suede Shoes” for the Decade Dynasty Dinner Theatre Show. Grandparents are encouraged to bring their grandchildren to experience the Fabulous Fifties era together on Friday, March 18, 6-8 p.m.

This high energy show takes you on a non-stop musical journey through one of the greatest decades of American music history. Sing along to your favorites originally made famous by The Everly Brothers, Elvis Presley, The Platters, and Billy Haley and his Comets, plus so many more.

Dinner will be offered with traditional 50s food, hamburgers or hot dogs, French fries and root beer floats.

This is the first time Autumn Glow Senior Activity Center, Kaysville Parks and Recreation, and The Choral Collection have put on a major event to reach out to the baby boom population. Grandparents and grandchildren of all ages are invited to attend.



Register online for tickets through Kaysville Parks and Recreation at www.kaysvillerec.com. Tickets are \$6 per person. The ticket reservations deadline is March 11. The event will be held at the Autumn Glow Senior Activity Center, 81 East Center Street, Kaysville.

Caregivers and exercise – take time for yourself so you can take care of another

National Institute on Aging

Taking care of yourself is one of the most important things you can do as a caregiver. Finding some time for regular exercise can be very important to your overall physical and mental well-being.

Physical activity can help you:

- Increase your energy level so you can keep up with your daily caregiving activities.
- Reduce feelings of depression and stress, while improving your mood and overall well-being.

Maintain and improve your physical strength and fitness.

Manage and prevent chronic diseases and conditions like diabetes, heart disease, and osteoporosis.

Improve or maintain some aspects of cognitive function, such as your ability to shift quickly between tasks and plan activities.

Some ways for caregivers to be physically active:

- Take exercise breaks throughout the day. Try three 10-minute “mini-workouts” instead of 30 minutes all at once.
- Make an appointment with yourself to exercise. Set aside specific times and days of the week for physical activity.
- Exercise with a friend and get the added benefit of emotional support.
- Ask for help at home so you can exercise.

If possible, find ways to be active with the person you’re caring for. Both of you can benefit from physical activity.

Exercise for people with low vision

National Institute on Aging

People with low vision can be active in many ways. Before you start an exercise routine, however, talk with your medical doctor and your eye doctor, since bending, lifting, or rapid movement can affect some medical and eye conditions.

A fitness instructor at a local gym or community center can help you create an effective exercise program and teach proper form. If you’re working out at home:

- Ask a partner to read the exercise descriptions and check your form until you learn the exercises.
- Try the Go4Life exercises. Many can be done sitting down. For others, you can use a sturdy chair, counter, or wall for support. Visit <http://go4life.nia.nih.gov/> to explore sample strength, balance and flexibility exercises.
- Walking is great exercise, but play it safe: Walk with someone who can point out safety issues along your route, such as objects in your path.
- Take a brisk walk at the mall. Many “mall walking” groups meet before stores open.

Tandem cycling can be highly social, a lot of fun, and good exercise. In addition to providing a great workout, it teaches teamwork.

A sighted rider sits on the front seat of the “bicycle built for two” and communicates what’s ahead to the person sitting on the back seat.

You may not have to steer, but your partner will appreciate help with pedaling.

Bowling is not only possible, but also highly competitive. You can bowl with sighted guidance or using a guide rail. A sighted assistant aligns the bowler on the approach before the delivery. Lightweight metal rails help guide you straight toward the pins.

Swimming is another excellent endurance activity. If you swim laps, count the number of strokes it takes to cover the length of the pool so you can slow down as you approach the end of your lane.

A pool with ropes separating the lanes helps you stay in your lane and maintain your orientation.

Remaining caregiver educational classes wrap up series

Davis County’s Family Caregiver Support Program finishes up its six-week series of classes for individuals who care for family members that are older and/or frail.

Classes are offered at two different locations. On Tuesdays, classes will be held at Fairfield Village (1201 N. Fairfield Rd. Layton), noon-1 p.m. Thursday classes are at the Golden Years Senior Activity Center (726 S. 100 E. Bountiful), noon-1 p.m.

A light lunch will be provided at all of the classes but attendees must RSVP to Megan Forbush at (801) 525-5088 on Mondays by noon.

Remaining schedule:

- **March 3:** Dry Mouth Relief – Diana Lubbs, Pitt Family Dental
- **March 8 & 10:** Impact of the Aging Population and the Impact on the Family – Randy Swartwood and Penny Million, At Home Health Hospice and Personal Care

Gala tickets on sale mid-March

This year’s 9th annual Senior Gala Dinner-Dance sponsored by Davis County Health Department’s Senior Services will be held on Wednesday, April 27, 6-9 p.m. The festive evening includes dinner and dancing along with the musical talents of Davis High School’s Moonlight Orchestra, Moonlight Singers, and Moonlight Dancers. Tickets will be available for purchase in mid-March at your local senior activity center.

Medicare 101 classes set

Are you turning 65? Have you asked yourself these questions: How, When, and Where do I sign up for Medicare?

Join us for a free Medicare 101 class and let us answer your questions.

Two classes are offered on Wednesday, March 16, 6:30-7:30 p.m.:

- Syracuse Rec. Center, 1912 West 1900 South, Syracuse, UT 84075
- Centerville Library, 45 S. 400 W. Centerville, UT 84014

Davis County Senior Services sponsor the classes. For more information, contact Marie Jorgensen at 801-525-5086 or mjorgensen@daviscountyyutah.gov.

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	 <div>March</div>			<div>3</div> <div>AG – Lifetime Fitness 9</div> <div>Arts & Crafts 10</div> <div>GY – Lapidary 8:30</div> <div>ND – Knit & Crochet 12:30</div>	<div>4</div> <div>AG – Arthritis Exercise 9</div> <div>Pinochle 12:30</div> <div>GY – Movie 12:30</div> <div>ND – Bingo 12:30</div>	<div>5</div>
<div>6</div>	<div>7</div> <div>AG – Huntsman Cancer Tips 11:30</div> <div>GY – Pencil Art Class 9</div> <div>Bridge 1-4:45</div> <div>ND – Texas Hold ‘Em 12:15</div> <div>Bingo 12:30</div>	<div>8</div> <div>AG – **Art 9</div> <div>Tai Chi Chair 10:45</div> <div>GY – Zumba 9:30</div> <div>Tai Chi 10:30</div> <div>ND – Quilters 10</div> <div>Blood Pressure 10:30</div> <div>Pinochle 12:30</div>	<div>9</div> <div>AG – **Water Exercise 9</div> <div>Blood Pressure 10:30</div> <div>GY – **Legal Consultation</div> <div>Bingo 12:30</div> <div>ND – Bingo 12:30</div>	<div>10</div> <div>AG – Food Sense 11</div> <div>Bridge 12:30</div> <div>GY – Dancing Grannies 8:30</div> <div>Bridge 1:30-4:45</div> <div>ND – Pinochle 12:30</div>	<div>11</div> <div>AG – **AARP Smart Driving</div> <div>Bingo 10:30</div> <div>GY – Line Dancing 9:30</div> <div>Pool 1-5</div> <div>ND – Ceramics 12:15</div> <div>Tech Lab 4</div>	<div>12</div>
<div>13</div>	<div>14</div> <div>AG – Lifetime Fitness 9</div> <div>Karaoke 12:30</div> <div>GY – Dancing Grannies 8:30</div> <div>Bingo 12:30</div> <div>ND – Texas Hold ‘Em 12:15</div> <div>Bingo 12:30</div>	<div>15</div> <div>AG – Tai Chi 9:45</div> <div>Square Dancing 1</div> <div>GY – Senior Aerobics 8:30</div> <div>Woodcarving 9</div> <div>ND – **Foot Clinic</div> <div>**AARP Smart Driving Class 10</div>	<div>16</div> <div>AG – Arthritis Exercise 9</div> <div>Blood Pressure 10:30</div> <div>GY – Positive Aging 5-7 p.m.</div> <div>ND – Art 9</div>	<div>17</div> <div>AG – Chi Qong 10</div> <div>**Computer Tech 11:30</div> <div>**Drawing 5 p.m.</div> <div>GY – Arthritis Exercises 12:30</div> <div>ND – Porcelain 9</div>	<div>18</div> <div>AG – **Decade Dynasty Dinner Theatre 6 p.m.</div> <div>GY – Stained Glass 9</div> <div>Tai Chi 9:30</div> <div>ND – Guided Relaxation 10:30</div>	<div>19</div>
<div>20</div>	<div>21</div> <div>AG – Chair Yoga 10:45</div> <div>GY – Arthritis Exercise Class 12:30</div> <div>Oil Painting 1</div> <div>ND – Texas Hold ‘Em 12:15</div> <div>Bingo 12:30</div>	<div>22</div> <div>AG – Lifetime Fitness 9</div> <div>GY – Dancing Grannies 8:30</div> <div>Blood Pressure 10:30</div> <div>ND – Blood Pressure 10:30</div> <div>Shopping 12:30</div>	<div>23</div> <div>AG – Blood Pressure 10:30</div> <div>Ceramics 12:30</div> <div>GY – Dancing Grannies 8:30</div> <div>Water Color 2-4</div> <div>ND – Do It Yourself Family History 3</div>	<div>24</div> <div>AG – Wire Wrapping 8:30</div> <div>Drawing 3</div> <div>GY – Luana’s Combo Band 10:30</div> <div>ND – Food Sense 1</div>	<div>25</div> <div>**AG, GY & ND March Birthday Party</div> <div>AG – Computer 101 9:30</div> <div>GY – Water Color 9</div> <div>ND – Bingo 12:30</div>	<div>26</div>
<div>27</div>	<div>28</div> <div>AG – Bingo 10:30</div> <div>GY – Stained Glass 9</div> <div>Line Dancing 10</div> <div>ND – Texas Hold ‘Em 12:15</div> <div>Bingo 12:30</div>	<div>29</div> <div>AG – Lapidary 8:30</div> <div>**Computer Tech 11:30</div> <div>GY – Lapidary 8:30</div> <div>Pinochle 1-4:45</div> <div>ND – Line Dancing 1</div>	<div>30</div> <div>AG – Water Color 9:30</div> <div>Quilt Spinners 1</div> <div>GY – Single’s Social 11:15</div> <div>Bridge 1-4:45</div> <div>ND – Texas Hold ‘Em 12:15</div>	<div>31</div> <div>AG – Tai Chi 9:45</div> <div>Canasta 1</div> <div>GY – Senior Aerobics 8:30</div> <div>Shopping 12:30</div> <div>ND – Porcelain 9</div> <div>Pinochle 12:30</div>	<div>Apr 1</div> <div>AG – Pickle Ball 9</div> <div>GY – Line Dancing 10</div> <div>Sit n Fit 8:30</div> <div>ND – Bingo 12:30</div>	<div>2</div>

**** Call Senior Activity Center to Make Reservation**
(Note: Not all activities are listed on this consolidated calendar, activities are subject to change)

AG ~ Autumn Glow (801) 444-2290 81 East Center Street Kaysville, UT 84037	GY ~ Golden Years (801) 295-3479 726 South 100 East Bountiful, UT 84010	ND ~ North Davis (801) 525-5080 42 South State Street Clearfield, UT 84015
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Riley Court Apartments

FEATURES:

- Elevator
- Great Room
- Secured/Secluded
- Community Garden
- Social Events

AVAILABLE:

- Studios
- One Bedroom
- Two Bedroom/Two Bath Suites
- Executive Suite

“Life Is Easier Here”

Independent Senior Community (age 55+)



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